The Fleet & Family Support Center

November

Volume 9
2026

The NAVSTA Newport Fleet and Family Support Center Newsletter is created monthly. All active duty, family members, reservists, National Guard, retirees and DoW employees are welcome to attend any of the classes we offer. For assistance to register for a class or to schedule a counseling appointment please call our office at (401) 841-2283

Unless otherwise noted - All classes listed below are in-person at FFSC 1260 Peary Street, NAVSTA Newport, RI



HOMESCHOOL HANGOUT

Tuesday November 3rd
9:30am – 11:30am
Join us for a fun, relaxed morning of community, friendship, and connection.

This is a welcoming space designed for homeschooling families to come together

and let kids interact in a fun, engaging, and supportive environment.

Registration not required but encouraged
Email Jessica.L.Hebert19.naf@us.navy.mil
Kaisa.E.Clark@us.navy.mil

LIFE SKILLS

Monday, November 9th 11:00am – 12:00pm
Public Speaking

Thursday, November 12th 1:00pm – 2:00pm
Regulating Your Emotions

Thursday, November 19th 1:00pm – 2:30pm
Difficult Conversations with Staff

Tuesday, November 24th 1:00pm – 2:00pm
Effective Communication

For more information or
to register email
katherine.e.goktepe.naf@us.navy.mil

November is NATIONAL ADOPTION MONTH

The Fleet & Family Support Center

International adoptions peaked in the early 2000's, while private adoptions and adoptions from foster care have held steady – meaning that many of us are now navigating the world as adults, and it can often feel like an isolating experience to be "the only one."

Come connect with other adult adoptees over an informal lunch and learn about the history of adoption the United States and how we shape our identities and build relationships today.

Thursday, November 19th, 2026
11:30am – 12:30pm

Fleet and Family Support Center
1260 Peary Street
NAVSTA Newport, RI 02841

Open to all base access patrons –
Feel free to bring your lunch



For more information, contact:
(401) 841 - 2283
ffsc_nwpt@navy.mil

Do you know your command ombudsman? Some commands have recently appointed new ombudsmen. Ombudsmen are volunteers that can help you locate resources to support you and your family. Below are the ombudsman for the commands in our area:

• **NAVSTA Newport** - Aylin Concolino - nsnptombudsman@gmail.com

• **Officer Training Command Newport and NAVSTA Newport Assembly Chair -** Jalyn Dalpe - otc.newport.ombudsman@gmail.com

• **NTAG and USS Constitution** - Chelley Carroll-Worth - ntagne.ombudsman@gmail.com

• **Navy Leadership and Ethics Center** - Kelly Stumm - nlecriombudsman@gmail.com

• **Surface Warfare Schools Command** - Cathy Barranco - housebarranco1@gmail.com

• **Naval War College and Navy Band** - Sandra Batista - sandra.batista.vol@usnwc.edu

• **Supply Corps School** - Jessie St. Romain - jessiestr1011@gmail.com

• **Navy Reserve Center** - Carissa Caniesco - nrcnewportombud@gmail.com

• **MSRON-8** - Melissa Dixon - msron8.ombudsman@gmail.com

• **Center for Service Support** - Brittany Ayres - cssnewport.ombudsman@gmail.com

• **USCGC TAHOMA and CGC Legare** - Blair Sanders - tahoma.ombuds@outlook.com

• **CGC Oak** – Blair Sanders - oak.ombuds@outlook.com

• **Chaplaincy School** - Jill Ulven [email address pending]

Mugs & Masterpieces

Monday November 23rd
10:00am-11:00am

A warm, creative, social hour designed just for grown-ups.
Come sip, create, and connect in a relaxed, welcoming space.
Bring your creativity, and we'll take care of the rest.

Open to all patrons with base access.



Registration not required but encouraged
Email Jessica.L.Hebert19.naf@us.navy.mil
Kaisa.E.Clark@us.navy.mil



The Fleet & Family Support Center

10 STEPS to a FEDERAL JOB



Ready to land a government career?

Join this class to stop guessing and start getting referred!

Wednesday
November 18th, 2026
10:00am – 11:30am

Fleet and Family Support Center
1260 Peary Street,
NAVSTA Newport, RI

Your Federal Career Starts Here!

Navigating USAJOBS and federal resumes can feel overwhelming. That is why our **Ten Steps to a Federal Job** class breaks the entire process down into simple, manageable pieces.

Here is a quick look at the 10 vital steps we cover in the course:

1. **Step 1: Review the Federal Job Process**
   Understand official job titles, series, and the GS pay scale.
2. **Step 2: Networking & Special Authorities**
   Learn how to leverage veteran preference and special hiring paths.
3. **Step 3: Search on USAJOBS**
   Learn how to filter through thousands of postings to find the right fit.
4. **Step 4: Find Keywords**
   Identify critical target words hidden in job announcements.
5. **Step 5: Core Competencies**
   Match your core skills directly to what hiring managers need.
6. **Step 6: Federal Resume Writing**
   Master the modern federal resume format.
7. **Step 7: Write Your Accomplishments**
   Tell your professional stories and conquer application questionnaires.
8. **Step 8: Apply Online**
   Compare the USAJOBS Builder format versus uploading your own document.
9. **Step 9: Track and Follow-Up**
   Learn how to monitor your application status and see if you were referred.
10. **Step 10: Interview and Negotiate**
    Ace the structured interview and learn how to negotiate your step and grade.

For more information or to register email
Brittany.M.Clark20.civ@us.navy.mil

BUILD IT RIGHT. ★ SHARE IT PROUD. ★ GET HIRED.

RESUMES THAT GET RESULTS



A WORKSHOP TO HELP YOU STAND OUT, GET NOTICED & LAND OPPORTUNITIES.

DATE: TUESDAY
NOVEMBER 24TH 2026

TIME:
10:00AM - 11:00AM

LOCATION:
1260 PEARY STREET, NAVSTA NEWPORT, RI 02841

★ COURSE OUTLINE ★

Designed to teach job seekers how to transform passive, task-oriented resumes into compelling, achievements-based documents. This workshop emphasizes using metrics, action verbs, and Applicant Tracking System (ATS) optimization to secure interviews.

★ TYPES OF RESUMES ★

- **CHRONOLOGICAL RESUME**
  Highlights your work history in order of date.
- **FUNCTIONAL RESUME**
  Focuses on skills and experience rather than dates.
- **COMBINATION RESUME**
  Combines skills and work history for maximum impact.
- **TARGETED / CUSTOMIZED RESUME**
  Tailored to a specific job or industry for better results.

The Fleet & Family Support Center

WALK AWAY WITH A STRONGER RESUME AND MORE CONFIDENCE!

QUESTIONS? CONTACT US!
(401) 841-2283
EMAIL:
Brittany.M.Clark20.civ@us.navy.mil

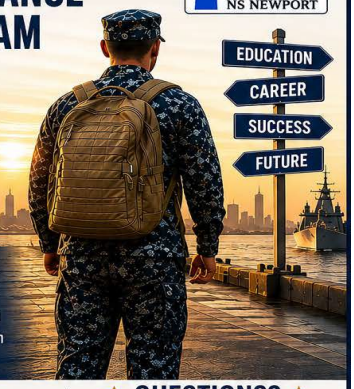
PREPARE TODAY. SUCCEED TOMORROW.
★ YOUR SERVICE. YOUR SKILLS. YOUR NEXT OPPORTUNITY. ★

TAP TRANSITION ASSISTANCE PROGRAM

The Fleet & Family Support Center NS NEWPORT

PREPARE TODAY. SUCCEED TOMORROW.

YOUR MISSION DOESN'T END.
Your Next One Starts Here.



Transition Assistance Program (TAP) is a cohesive, modular, outcome-based program that bolsters and standardizes the opportunities, services and training that Service members receive to better prepare them to pursue their post-military goals.

The mandatory components of TAP are applicable for all Service members who have at least 180 continuous days or more on active duty, including the National Guard and Reserve.

TRANSITION ASSISTANCE PROGRAM (TAP) CORE CURRICULUM

DEPARTMENT OF WAR TRANSITION DAY
Understand the transition process, entitlements, and resources available to you.

VA BENEFITS AND SERVICES
Learn about VA health care, disability benefits, education, home loans and more.

DEPARTMENT OF LABOR (DOL) ONE-DAY EMPLOYMENT FUNDAMENTALS OF CAREER TRANSITION (EFCT)
Build essential tools and strategies for a successful career transition.

★ QUESTIONS? ★

Contact your Command Career Counselor (CCC)
or the Fleet and Family Support Center (FFSC) Transition Assistance Program Coordinator

(401) 841-2283
Brittany.M.Clark20.civ@us.navy.mil

TAKE THE FIRST STEP TOWARD YOUR FUTURE!
CONTACT YOUR CCC OR FFSC TAP COORDINATOR TODAY!

NAVAL STATION NEWPORT
2027 MANDATORY TAP CORE CURRICULUM DATES

JANUARY 25TH–27TH, 2027	JULY 12TH–14TH, 2027
MARCH 1ST–3RD, 2027	SEPTEMBER 20TH–22ND, 2027
MAY 17TH–19TH, 2027	NOVEMBER 1ST–3RD, 2027

YOUR SERVICE. YOUR FUTURE. OUR COMMITMENT.
TRANSITION WITH CONFIDENCE.

TRANSITION STARTS HERE!

The Fleet & Family Support Center NS NEWPORT

PREPARE TODAY. SUCCEED TOMORROW.

★ YOU SERVED. WE SUPPORT. YOUR FUTURE MATTERS. ★

The DoW Transition Assistance Program (**TAP**) offers several two-day track workshops tailored to your post-military goals. These specific classes are designed to build directly upon the foundational TAP Core Curriculum and require **advance registration.**

TWO-DAY TAP TRACK OPTIONS

Depending on your Individual Transition Plan (**ITP**) and tier level, you can choose one or more of these specialized workshops:

DEPARTMENT OF LABOR EMPLOYMENT TRACK – DEPARTMENT OF LABOR EMPLOYMENT WORKSHOP (DOLEW)
Focuses on resume writing, networking, federal hiring, interviewing, and salary negotiation.
- January 28–29
- March 4–5
- May 20–21
- July 15–16
- September 23–24
- November 4–5

DEPARTMENT OF LABOR VOCATIONAL TRACK – CAREER AND CREDENTIAL EXPLORATION (C2E)
Provides personalized career development assessments, vocational training guidance, and credential exploration.
- February 2–3
- April 7–8
- October 19–20
- December 1–2

SMALL BUSINESS ADMINISTRATION ENTREPRENEURSHIP TRACK – BOOTS TO BUSINESS (B2B)
Teaches the realities of small business ownership and helps you develop the initial components of a business plan.
- February 24–25
- May 19–20
- August 17–18
- November 3–4

DOW EDUCATION TRACK – MANAGING YOUR (MY) EDUCATION
Helps identify educational goals, navigate the admissions process, compare institutions, and utilize funding.
Offered live, virtually via vTAP at MyNavyFamily.com

HOW TO REGISTER AND ATTEND

To sign up for any of these two-day tracks, contact your Command Career Counselor or the Fleet and Family Support Center Transition Assistance Program Coordinator.

Fleet and Family Support Center
1260 Peary Street
NAVSTA Newport, RI
(401) 841–2283
Brittany.M.Clark20.civ@us.navy.mil

★ ★ PLAN TODAY. TRANSITION WITH CONFIDENCE. SUCCEED ALWAYS. ★ ★



PLAN FOR SUCCESS

Transition Employment Assistance for Military Spouses and Caregivers (TEAMS) is a series of **employment-focused workshops**, offered at no cost, that help military spouses and caregivers find success in their job search. **Transitioning service members, spouses, veterans, and retirees are invited** to attend any of these live, instructor-led workshops.

NO-COST WORKSHOPS AT NAVSTA NEWPORT

SALARY NEGOTIATION
Mon., Nov. 16, 2026
9AM - 11AM
Take the mystery out of salary negotiation.

MARKETING YOURSELF TO EMPLOYERS
Tues., Nov. 17, 2026
9AM - 11AM
Elevate your job search with marketing tactics.

YOUR RIGHTS AT WORK
Mon., Nov. 16, 2026
12PM - 2PM
Safeguard your career by knowing your rights.

JOB FAIR STRATEGIES
Tues., Nov. 17, 2026
12PM - 2PM
Maximize your time at a job fair.

A photographer will take professional headshots of workshop participants on Tues., Nov. 17, at 11:00 a.m.

The Fleet & Family Support Center

LOCATION
Fleet and Family Support Ctr.
1260 Peary Street
NAVSTA Newport, RI

REGISTER NOW
Contact: Brittany Clark
Email: brittany.m.clark20.civ@us.navy.mil
Phone: (401) 841-2283

DOL.gov/VETS @VETS_DOL
linkedin.com/showcase/dolvets

VETS

RESOURCES

1260 Peary Street,
NAVSTA Newport
(401) 841 – 2283
Ffsc_nwpt@navy.mil

Counseling Services
Family Advocacy Program
SAPR Program
Transition Assistance
Exceptional Family Member Program
Ombudsman
Life Skills Education Program
Relocation Assistance
Personal Financial Management
Family Employment Readiness/
Deployment Support
Command Support

Download the MyNavy Family app

Military OneSource
www.militaryonesource.mil
1 (800) 342-9647
SAPR Unit Victim Advocate
24/7: (401) 450-2327
DoD Safe Helpline 1 (877) 995-5247
Suicide/Crisis 24 Hotline Dial - 988
Military Crisis Line
1-800-273-TALK (option 1)
Text 838255
or live chat www.militarycrisisline.net

CNIC
★ FLEET ★ FIGHTER ★ FAMILY

Training in Your Time Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen —anytime, anywhere. FFSP is just a click away.

EASTERN AND CENTRAL TIMES

NOVEMBER 2026

DEPLOYMENT



		Eastern	Central
Equipping Your Kids During Deployment	11/17	2:00 PM	1:00 PM
Keeping it Together During Deployment	11/4	4:00 PM	3:00 PM
Miles Apart, Close at Heart	11/1	7:00 PM	6:00 PM
	11/23	9:00 AM	8:00 AM
Plan. Prepare. Deploy.	11/16	8:00 AM	7:00 AM
Single. Serving. Parent: Deployed	11/25	2:00 PM	1:00 PM
Weathering an Unpredictable Deployment	11/6	10:00 AM	9:00 AM

EMERGENCY PREPAREDNESS



		Eastern	Central
Disaster-Proof Your Wallet	11/30	11:00 AM	10:00 AM
Get Organized for Emergencies	11/2	12:00 PM	11:00 AM
Safety Is No Accident: Emergency Preparedness	11/16	12:00 PM	11:00 AM

EXCEPTIONAL FAMILY MEMBER



		Eastern	Central
CLIFF Notes to Deaf/Blindness Under IDEA	11/19	2:00 PM	1:00 PM
Single. Serving. Parent: Special Needs	11/3	3:00 PM	2:00 PM

NAVY LIFE



		Eastern	Central
Ombudsman Hot Topic	11/18	9:00 AM	8:00 AM
	11/25	6:00 PM	5:00 PM
Who Is a Navy Ombudsman?	11/5	12:00 PM	11:00 AM
Why OPSEC Matters	11/8	8:00 PM	7:00 PM

EMPLOYMENT



		Eastern	Central
AI Prompt Engineering: From Idea to Output	11/10	10:30 AM	9:30 AM
AI Resume Building: A Paradigm Shift	11/4	10:30 AM	9:30 AM
Bouncing Back from Job Rejection	11/3	3:00 PM	2:00 PM
Conquering Civilian Interviews	11/27	5:00 PM	4:00 PM
Demystifying Unemployment Compensation	11/16	1:00 PM	12:00 PM
Federal Job Mastery	11/2	8:00 AM	7:00 AM
	11/9	8:00 AM	7:00 AM
	11/16	8:00 AM	7:00 AM
	11/23	8:00 AM	7:00 AM
	11/30	8:00 AM	7:00 AM
Job Search Hacks	11/2	9:00 AM	8:00 AM
	11/5	7:00 PM	6:00 PM
Leveraging AI for your 2026 Job Search	11/6	10:30 AM	9:30 AM
Leveraging the VMET in Your Job Search	11/24	12:00 PM	11:00 AM
Leveraging Websites for Career Transition Research	11/6	1:00 PM	12:00 PM
	11/19	9:00 AM	8:00 AM
Mastering Virtual Interviews	11/10	5:00 PM	4:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	11/17	7:00 PM	6:00 PM
USAJobs 2026	11/20	10:30 AM	9:30 AM
Volunteer to Career	11/3	1:00 PM	12:00 PM
	11/23	10:00 AM	9:00 AM
	11/30	8:00 AM	7:00 AM

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



PARENTING



		Eastern	Central
Click Smart: Kids Online Safety	11/3	11:00 AM	10:00 AM
Equipping Your Kids During Deployment	11/17	2:00 PM	1:00 PM
Exploring Through the Senses	11/4	2:00 PM	1:00 PM
Healing Through Parenting: Working with Barriers with DV	11/3	8:00 AM	7:00 AM
How to Protect the Next Generation in the Digital Age	11/9	10:00 AM	9:00 AM
Raising Siblings	11/17	12:00 PM	11:00 AM
Sexual Health through Approachable Prevention and Education (SHAPE)			
Parenting and Sexual Development (Module 1)	11/18	1:00 PM	12:00 PM
Ages 2-4 (Module 2)	11/5	7:00 PM	6:00 PM
Ages 5-9 (Module 3)	11/12	7:00 PM	6:00 PM
Preteens (Module 4)	11/19	7:00 PM	6:00 PM
Self-Care: Parent Edition	11/9	12:00 PM	11:00 AM
Single. Serving. Parent: Deployed	11/25	2:00 PM	1:00 PM
Single. Serving. Parent: Special Needs	11/3	3:00 PM	2:00 PM
Tear Free Dinner	11/30	12:00 PM	11:00 AM
What About the Kids?	11/16	1:00 PM	12:00 PM

RELOCATION



		Eastern	Central
Calming Cultural Shock	11/12	8:00 PM	7:00 PM
Final Move	11/3	1:00 PM	12:00 PM
PCS Smooth Track	11/23	12:00 PM	11:00 AM
Smooth Transitions: Managing the Logistics and Emotional Cycle of PCS	11/3	12:00 PM	11:00 AM
Stepping up Support: Sponsorship Training	11/20	5:00 PM	4:00 PM
	11/27	8:00 AM	7:00 AM
The PCS Process	11/9	3:00 PM	2:00 PM

Need to talk? For virtual clinical counseling services Call 1-855-205-6749 to book an appointment.

PERSONAL FINANCE



		Eastern	Central
12 Turkey Tips to Financial Freedom!	11/2	9:30 AM	8:30 AM
Car Buying Strategies	11/12	9:00 AM	8:00 AM
	11/24	3:00 PM	2:00 PM
	11/26	9:00 PM	8:00 PM
Command Your Credit	11/20	3:00 PM	2:00 PM
Consumer Awareness	11/17	3:00 PM	2:00 PM
Disaster-Proof Your Wallet	11/30	11:00 AM	10:00 AM
Financial Confidence Through Life's Changes	11/30	1:00 PM	12:00 PM
Holiday Cheer Without Financial Fear	11/4	3:00 PM	2:00 PM
	11/12	11:00 AM	10:00 AM
	11/16	8:00 PM	7:00 PM
	11/18	9:00 AM	8:00 AM
	11/19	1:00 PM	12:00 PM
Home Buying	11/13	3:00 PM	2:00 PM
Military Retirement Planning: Know the Facts	11/16	11:00 AM	10:00 AM
	11/22	7:00 PM	6:00 PM
Million Dollar Sailor Day 1	11/5	11:00 AM	10:00 AM
Million Dollar Sailor Day 2 (Must attend both sessions)	11/6	11:00 AM	10:00 AM
Navy Retirement. . . Is It Enough?	11/5	1:00 PM	12:00 PM
Stretching Budgets and Maximizing Nutrition	11/2	8:00 PM	7:00 PM
	11/4	9:00 AM	8:00 AM
	11/5	1:00 PM	12:00 PM
Swipe Smart: Gambling Apps and Wellness	11/13	2:00 PM	1:00 PM
Take a Bite Out of College Costs	11/5	9:00 AM	8:00 AM
The Magic Number: Planning for Retirement	11/12	1:00 PM	12:00 PM
Thrift Savings Plan: Choosing the Right Path	11/9	2:00 PM	1:00 PM
Trump Accounts: What PFRSs Need to Know	11/12	3:00 PM	2:00 PM
TSP Basics for Navy Life	11/27	3:00 PM	2:00 PM

Find a Fleet and Family Support Center near you at

https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory

TRANSITION



		Eastern	Central
Conquering Civilian Interviews	11/27	5:00 PM	4:00 PM
Leveraging Websites for Career Transition Research	11/6	1:00 PM	12:00 PM
	11/19	9:00 AM	8:00 AM
Life After Tricare	11/23	6:00 PM	5:00 PM
Skillbridge Simplified	11/10	9:00 AM	8:00 AM
	11/30	8:00 PM	7:00 PM
VTAP DOL Employment Fundamental for Transition	11/4	7:00 AM	6:00 AM
	11/17	8:00 AM	7:00 AM
VTAP DOL Vocational Track			
Day 1	11/18	8:00 AM	7:00 AM
Day 2	11/19	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	11/3	7:00 AM	6:00 AM
	11/17	1:00 PM	12:00 PM
VTAP Managing Your Transition	11/2	9:00 AM	8:00 AM
	11/17	10:00 AM	9:00 AM
VTAP MOC Crosswalk	11/2	10:00 AM	9:00 AM
	11/17	11:00 AM	10:00 AM
VTAP Pre-Separation Briefing	11/2	7:00 AM	6:00 AM
	11/17	8:00 AM	7:00 AM

Go to

MyNavyFamily.com

Log in or make a new account to register for any of these sessions.

WARRIOR AND FAMILY RESILIENCE



		Eastern	Central
Am I Okay?	11/18	4:00 PM	3:00 PM
Better Reactions, Better Outcomes	11/2	5:00 PM	4:00 PM
Building a Prevention Mindset: Connecting Everyday Actions to Readiness	11/18	2:00 PM	1:00 PM
Child Abuse and Neglect: Identification and Reporting	11/3	10:00 AM	9:00 AM
Cool, Calm, and In Control: Your Guide to Mastering Anger	11/20	8:00 AM	7:00 AM
Coping Skills	11/9	11:00 AM	10:00 AM
Do You Have the Characteristics of Resilience?	11/18	11:00 AM	10:00 AM
Healing Through Parenting: Working with Barriers with DV	11/3	8:00 AM	7:00 AM
How to Protect the Next Generation in the Digital Age	11/9	10:00 AM	9:00 AM
Intimate Partner Violence (IPV) Identification & Reporting	11/5	2:00 PM	1:00 PM
Learning Mindfulness with Models of Attention	11/4	11:00 AM	10:00 AM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	11/3	8:00 AM	7:00 AM
	11/9	12:00 PM	11:00 AM
Mod 2: Mindfulness & Meditation	11/12	12:00 PM	11:00 AM
	11/17	8:00 AM	7:00 AM
Mod 3: Living Core Values	11/16	12:00 PM	11:00 AM
	11/18	8:00 AM	7:00 AM
Mod 4: Flexibility	11/18	12:00 PM	11:00 AM
	11/19	8:00 AM	7:00 AM
Mod 5: Problem Solving	11/23	12:00 PM	11:00 AM
	11/24	8:00 AM	7:00 AM
Mod 6: Connection	11/25	8:00 AM	7:00 AM
	11/25	12:00 PM	11:00 AM
Mindful Practices During Stressful Times	11/9	8:00 PM	7:00 PM
	11/12	1:00 PM	12:00 PM
Motivating by Appreciation	11/16	12:00 PM	11:00 AM
Organize Your Life	11/18	2:00 PM	1:00 PM
Run for Resilience	11/19	8:00 PM	7:00 PM
Staying Steady and Strong in the Face of Uncertainty	11/23	8:00 PM	7:00 PM
	11/25	9:00 AM	8:00 AM
Stoicism Principles and Stress Management	11/25	10:30 AM	9:30 AM
Stress Management	11/17	10:00 AM	9:00 AM
Swipe Smart: Gambling Apps and Wellness	11/13	2:00 PM	1:00 PM
The Power of Connection: Building Support Systems	11/29	7:00 PM	6:00 PM
Understanding Anger	11/3	10:00 AM	9:00 AM

Support for the Seasons Ahead



NOVEMBER VIRTUAL LEARNING SERIES

Supporting service members and families with practical strategies for budgeting, wellness, and resilience. Join virtual workshops to nourish your family, manage stress, and enjoy the holidays confidently.

WHAT YOU'LL LEARN

- Practical ways to stretch your budget and make nutritious choices
- Use simple mindfulness strategies to manage stress and stay grounded
- Build resilience and confidence when facing change and uncertainty

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Stretching Budgets and Maximizing Nutrition (11/2)
- Mindful Practices During Stressful Times (11/9)
- Holiday Cheer Without Financial Fear (11/16)
- Staying Steady and Strong in the Face of Uncertainty (11/23)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Stretching Budgets and Maximizing Nutrition (11/3)
- Mindful Practices During Stressful Times (11/10)
- Holiday Cheer Without Financial Fear (11/17)
- Staying Steady and Strong in the Face of Uncertainty (11/24)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Stretching Budgets and Maximizing Nutrition (11/4)
- Holiday Cheer Without Financial Fear (11/18)
- Staying Steady and Strong in the Face of Uncertainty (11/25)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Stretching Budgets and Maximizing Nutrition (11/5)
- Mindful Practices During Stressful Times (11/12)
- Holiday Cheer Without Financial Fear (11/19)

To register scan the QR Code or visit: MyNavyFamily.com

The Fleet & Family Support Center

Virtual Fleet and Family Support Program

CNIC ★ FLEET ★ FIGHTER ★ FAMILY